

MALNUTRITION SCREENING TOOL (MST)

STEP 1 QUESTION A & QUESTION B

<p>Question A: Have you lost weight recently without trying?</p> <p>No = 0</p> <p>Unsure = 2</p> <p>If YES, how much weight (in kg*) have you lost?</p> <p>1-5 kg = 1</p> <p>6-10 kg = 2</p> <p>11-15 kg = 3</p> <p>>15 kg = 4</p> <p>Unsure = 2</p> <p>Weight Loss Score:</p>	<p>TIPS</p> <ul style="list-style-type: none"> • Emphasize “without trying” • Consider weight lost during the last ~6 months • If the person is unsure, query any indicators of weight loss such as: <ul style="list-style-type: none"> » Loose clothes or using a tighter belt notch » Loose rings/jewellery or watches » Ill-fitting dentures <p>* See below for approximate kilogram (kg) to pounds (lbs) conversion chart.</p>
<p>Question B: Have you been eating poorly because of a decreased appetite?</p> <p>No = 0</p> <p>Yes = 1</p> <p>Appetite Score:</p>	<ul style="list-style-type: none"> • Emphasize “eating poorly”, e.g. eating less than 3/4 of usual intake. • Is intake likely to decrease considerably for 5 days or more? • If re-screening, have staff noted poor food intake over the past week?

STEP 2 TOTAL MST SCORE

<p>Add Weight Loss & Appetite Scores</p> <p>Total MST Score:</p>	<ul style="list-style-type: none"> • Document malnutrition risk category (even for those not at risk). • Record any need for special diets and follow local policy.
<p>MST Score 2 or more = Patient is at risk of malnutrition</p>	

STEP 3 MANAGEMENT PLAN

<p>Score 0-1: Monitor weight and re-screen weekly or in line with local policy.</p> <p>Score 2 or more: Monitor nutritional intake, use strategies to improve nutritional intake and refer to dietitian or implement local policy.</p>	<ul style="list-style-type: none"> • Those who are overweight or obese MUST NOT be overlooked in the diagnosis and prevention of malnutrition. • All patients should be screened on admission to hospital and weekly (or as per local policy) thereafter.
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Approximate Weight Conversion Chart

Kilograms	Pounds	Score
1-5 kg	2-11 lbs	1
6-10 kg	12-22 lbs	2
11-15kg	23-33 lbs	3
>15 kg	> 33 lbs	4

Note: 14 lbs = 1 stone

Ferguson M, et al. Development of a valid and reliable malnutrition screening tool for adult acute hospital patients. Nutrition. 1999;15(6):458-464. Department of Health (2020). Nutrition screening and use of oral nutrition support for adults in the acute care setting. (NCEC National Clinical Guideline No. 22).

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